

# Babies and sleeping on sofas

Sleeping on a sofa with your baby increases the risk of Sudden Infant Death Syndrome (SIDS) by up to 50 times ([www.lullabytrust.org.uk](http://www.lullabytrust.org.uk))

You may not intend to sleep on the sofa with your baby –it is important to **make a plan to prevent this from happening:**

- **Keep a Moses basket by the sofa (without any toys or loose clothing inside)**
- **Feed your baby on a chair where you will not fall asleep**
- **Feed them whilst watching something or reading, something that will keep you awake**
- **Partner can take the baby to the cot or Moses basket**
- **Set an alarm to go off in 15/20 mins after feeding started if you feel sleepy, then move baby to their bed.**



To take the best steps to prevent SIDS, families should not fall asleep with their baby, especially when:

- they have recently drunk any alcohol
- **they or their partner smoke**
- they have taken any drugs that make them feel sleepy or affect their awareness
- **their baby was born prematurely** or weighed under 2.5kg or 5½ lbs when they were born
- **In these scenarios, it is always best to put baby in their own safe sleep space such as a cot or a Moses basket.** ([www.lullabytrust.org.uk](http://www.lullabytrust.org.uk))

In the middle of the night you may be feeding your baby, you will be tired and think that **“just this once it will be safe”**, as you’re too tired to take your baby back upstairs.... If you have a plan you can prevent this



**90% of babies who died whilst sharing a bed with an adult, died in hazardous co-sleeping situations.**

# 230

SIDS claims the lives of approximately 230 babies every year in the UK: that's around 4 babies a week



For further information on safe sleep visit the lullaby trust or contact your health visitor.

Also please watch: <https://www.lullabytrust.org.uk/safer-sleep-advice/safer-sleep-for-babies-online-presentations/>